

Trash Free Lunch
"Lunch Box Blues"

Mom's and Dad's we have something to say,
It's all about the purpose of our Trash-Free Lunch day.

We need to make an effort to stop the Lunch Box Blues,
And so to help you out here are a few clues.

Everyday when you prepare your child's lunch and snack,
Put food in reusable containers, they're very easy to pack.

Instead of a paper bag that gets thrown in the trash,
Use a lunch box, nylon or canvas bag and save on the cash.

And of course those little juice boxes,
That get discarded everyday,
Can be replaced by a reusable bottle or thermos,
it's even cheaper that way.

So the cool rule is,
Everything you pack for lunch should be reused,
Except of course, one very important thing,
And that's the Yummy Food!

Here are some very easy guidelines on how to
Create a lunch that produces NO TRASH!!

Suggestions to try:

- Use lunch boxes or lunch sacks (nylon or canvas)
- Pack cloth napkins
- Buy in quantity instead of small packages - make sure to check for any nut warnings and label your lunches as "nut free".
- Pack reusable containers
- Pack a reusable water bottles or thermos
- Reuse and label plastic spoons and forks

For snacks, please send in whole fruit and veggies, full size yogurts and applesauce, and block cheese instead of individual packages. We will prepare the snack for you at school. Thank you!

SLC is now participating in the Organics Recycling Program through Cedar Grove Composting. We have included a list of what we can compost at school so that you can help us when you pack those lunches and snacks. Please call if you have any questions.



Yes!

Food Scraps

Meat, Poultry, Fish,
Shellfish & Bones

Egg & Dairy Products

Table Scraps & Plate
Scraping

Fruit & Vegetables

Bread, Dough, Pasta,
Grains

Coffee Grounds, Filters
& Tea Bags

Food Soiled Paper

Kitchen Paper Towels

Uncoated Paper Take-Out
Containers

Pizza Delivery Boxes

Paper Napkins

Waxed Cardboard & Paper

Uncoated Paper Cups, Plates
(No lids, straws or creamers)

Plant & Wood Scraps

Plants & Flowers
(No flower pots)

Wood Pallets & Crates
(No wire)

Landscape Vegetation
(less than 4'long & 4" diam.)

